



# Turmeric Lamb Curry

with Coconut Milk

30 Minutes



Ground Lamb



Cumin-Turmeric  
Spice Blend



Fennel Seeds



Ginger



Coconut Milk



Basmati Rice



Sweet Potato



Shallot



Carrot



Chili Pepper



Garlic



Cilantro

HELLO GINGER

*Peel ginger using a spoon's edge — you'll be able to maneuver around the knobbly bits more easily!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

### Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust Out

Baking sheet, vegetable peeler, microplane/zester, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Cumin-Turmeric Spice Blend	1 tbsp	2 tbsp
Fennel Seeds	1 tsp	2 tsp
Ginger	30 g	30 g
Coconut Milk	165 ml	400 ml
Basmati Rice	¾ cup	1 ½ cup
Sweet Potato	170 g	340 g
Shallot	50 g	100 g
Carrot	170 g	340 g
Chili Pepper 🌶️	1	2
Garlic	6 g	12 g
Cilantro	7 g	14 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Roast veggies

Peel, then cut the **carrot** into ¼-inch coins. Peel, then cut the **sweet potato** into ¼-inch pieces. Toss the **sweet potatoes** and **carrots** with **1 tbsp oil** (dbl for 4 ppl), on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast, in the **middle** of the oven, until tender-crisp, 10-12 min.



## Prep and cook rice

While the **veggies** roast, bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. While the **water** comes to a boil, peel, then grate **garlic**. Peel, then grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then mince the **shallot**. Finely chop **chili**, removing seeds for less heat. (**NOTE:** We suggest using gloves when prepping chili!) Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## Cook lamb

While the **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **lamb** and **shallots**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min. \*\* Season with **salt** and **pepper**.



## Start curry

Add the **fennel seeds**, **ginger**, **garlic** and **Cumin-Turmeric Spice Blend** to the large pan with the **lamb**. Cook, stirring occasionally, until fragrant, 2-3 min.



## Finish Curry

Add the **coconut milk**, **roasted veggies**, **¼ cup water** (⅓ cup water for 4 ppl) and **¼ tsp chilis** to the pan with **lamb mixture**. (**NOTE:** Reference Heat Guide.) Cook, stirring often, until the **curry** has thickened slightly, 3-4 min. Season with **salt** and **pepper**.



## Finish and Serve

Roughly chop the **cilantro**. Fluff the **rice** with a fork, then stir in **half the cilantro** and season with **salt**. Divide the **rice** between plates, then top with the **turmeric lamb curry**. Sprinkle the **remaining cilantro** over top.

## Dinner Solved!